

How to read Nutrition Facts on a food label

**Start
here!**

**Don't
eat too
much
of these**

**Make
sure
you get
enough
of these**

Nutrition Facts

Serving Size 1 cup (228mg)
Servings Per Container 2

Amount Per Serving

Calories 260 **Calories from Fat** 120

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 5g **25%**

Cholesterol 30mg **10%**

Sodium 660mg **28%**

Total Carbohydrate 31g **10%**

Dietary Fiber 0g **0%**

Sugars 5g

Protein 5g

Vitamin A **4%**

Vitamin C **2%**

Calcium **15%**

Iron **4%**

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**Ask your doctor
how much
is right for you!**

More nutrition information

Start in the Yellow Section.

- **Serving Size:** All the nutrition facts are for one serving.
- **Calories:** Calories tell you how much energy is in your food. Try to avoid a lot of calories from fat.

Don't Eat Too Much of the Nutrients in the Pink Section.

- Some nutrients can cause problems if you eat a lot. (Tips: Greasy or fried foods have a lot of fat. Sodium means salt.)
- Look at the “% **Daily Value**” column on the front. Choose foods with 5% or less of these each day.

Get Enough of the Nutrients in the Green Section.

- Eating enough of these nutrients can help you stay healthy.
- Look at the “% **Daily Value**” column on the front. Choose foods with 20% or more of these each day.

Tips to Help You Stay Healthy:

- ☒ Eat fewer fried or fast foods.
- ☒ Eat 5 to 9 servings of fruit or vegetables a day.
- ☒ Eat whole wheat or whole grain breads and cereals.
- ☒ Use fat-free milk or 1% milk. (0-2 year olds should have whole milk.)
- ☒ Drink fewer soft drinks, sports drinks or sweetened powdered drinks.



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FOR MORE INFORMATION**